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| Sinethemba Tshangase |

CURRICULUM VITAE: **Sinethemba Tshangase**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Sinethemba Tshangase

**DATE OF BIRTH:** 12 May 1998

**CLUB:** Nedbank Running Club

**NATIONALITY:** South Africa

**PERSONAL BEST**

**Event Result Location Date**

**Marathon 2025 2:20:25 Weatern Cape (RSA) 2025**

**Half Marathon 1:04:41 Gqeberha (RSA) 2023**

**10km 29:48 Gqeberha (RSA) 2021**

**5000 Metres 14:39.49 Durban (RSA) 2021**

**Personal Performances 2025**

Balwin Sport Peninsula Marathon, 2:20:25

**Personal Performances 2023**

Nelson Mandela Bay Half Marathon, Gqeberha, 1:04:41

**Personal Performances 2022**

Soweto Marathon, 2:34:37

ABSA RYC Durban 10k, 29:50

Threshhold Hillcrest Half Marathon, Durban, 1:07:02, 1st

ABSA Run Your City 10km, Cape Town, 30:59